

3 X 3 TROPHY CHALLENGE

3 MINUTES OF BOUNCING 3X A DAY!

**DO 3 MINUTES OF BOUNCING
3X EACH DAY:**

- 1 MINUTE OF **JUMPING JACKS**
- 1 MINUTE OF **JOGGING**
- 1 MINUTE OF **HIP TWISTS WITH ALPHABET JAW TRAINING**

**BONUS: ADD GENTLE
BOTTOMS UP FOR A QUICK 1
MINUTE RECOVERY**

TIPS:

- PRIORITYZE HYDRATION FOR MAXIMUM LYMPHATIC CLEANSING 💧
- JUMP INTO YOUR 3 X 3'S EVEN IF YOU ONLY GET 1 MINUTE IN 🙌
- CHECK IN WITH FREQUENT BODY SCANS, RELAXING TENSION IN SHOULDERS AND FOREHEAD 😊

TRACK YOUR 3 X 3 CHALLENGE HERE:

1	1	2	3	16	1	2	3
2	1	2	3	17	1	2	3
3	1	2	3	18	1	2	3
4	1	2	3	19	1	2	3
5	1	2	3	20	1	2	3
6	1	2	3	21	1	2	3
7	1	2	3	22	1	2	3
8	1	2	3	23	1	2	3
9	1	2	3	24	1	2	3
10	1	2	3	25	1	2	3
11	1	2	3	26	1	2	3
12	1	2	3	27	1	2	3
13	1	2	3	28	1	2	3
14	1	2	3	29	1	2	3
15	1	2	3	30	1	2	3
				31	1	2	3